

# FLORIDA JUDGE STRIKES DOWN U.S. HEALTH CARE LAW 3

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**Tuesday**



**BURNING QUESTION**

**Are the Capitals** a legitimate contender for the Stanley Cup? **12**

**SEEING THE LIGHT**

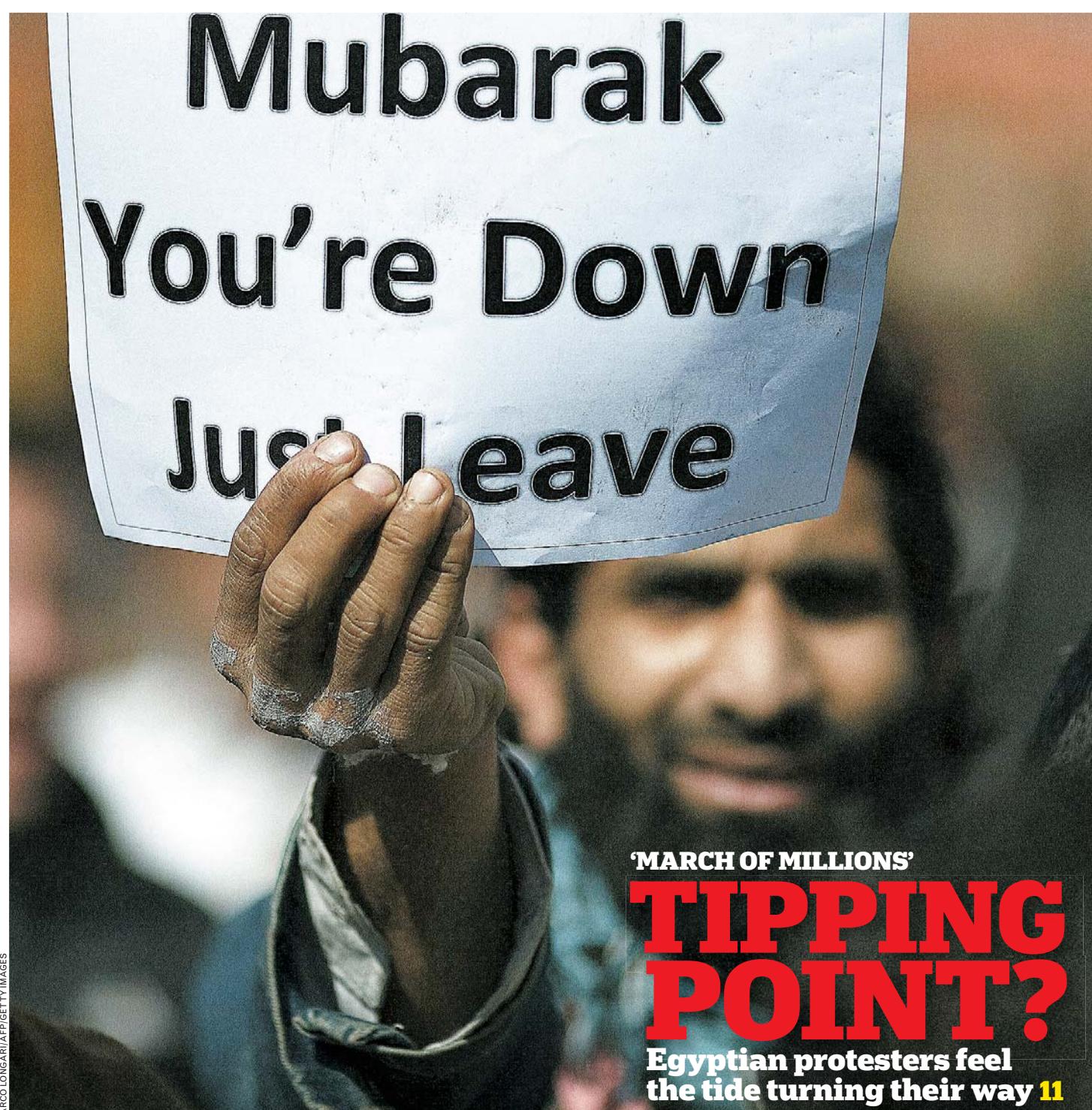
**Red-light cameras** get credit for curbing deadly traffic crashes **8**



**SHAKE THE HABIT**

**New government diet guidelines** call for much less salt **19**

FEBRUARY 1, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**





eye openers

## Stag Parties Ruined Across the Nation

South Africa's governing party has decreed that eating sushi off the body of a model in a bikini is politically incorrect. A Monday statement from African National Congress secretary general Gwede Mantashe is unequivocal: "This act is anti-ANC and anti-revolutionary. This act is defamatory, insensitive and undermining of woman's integrity." (AP)



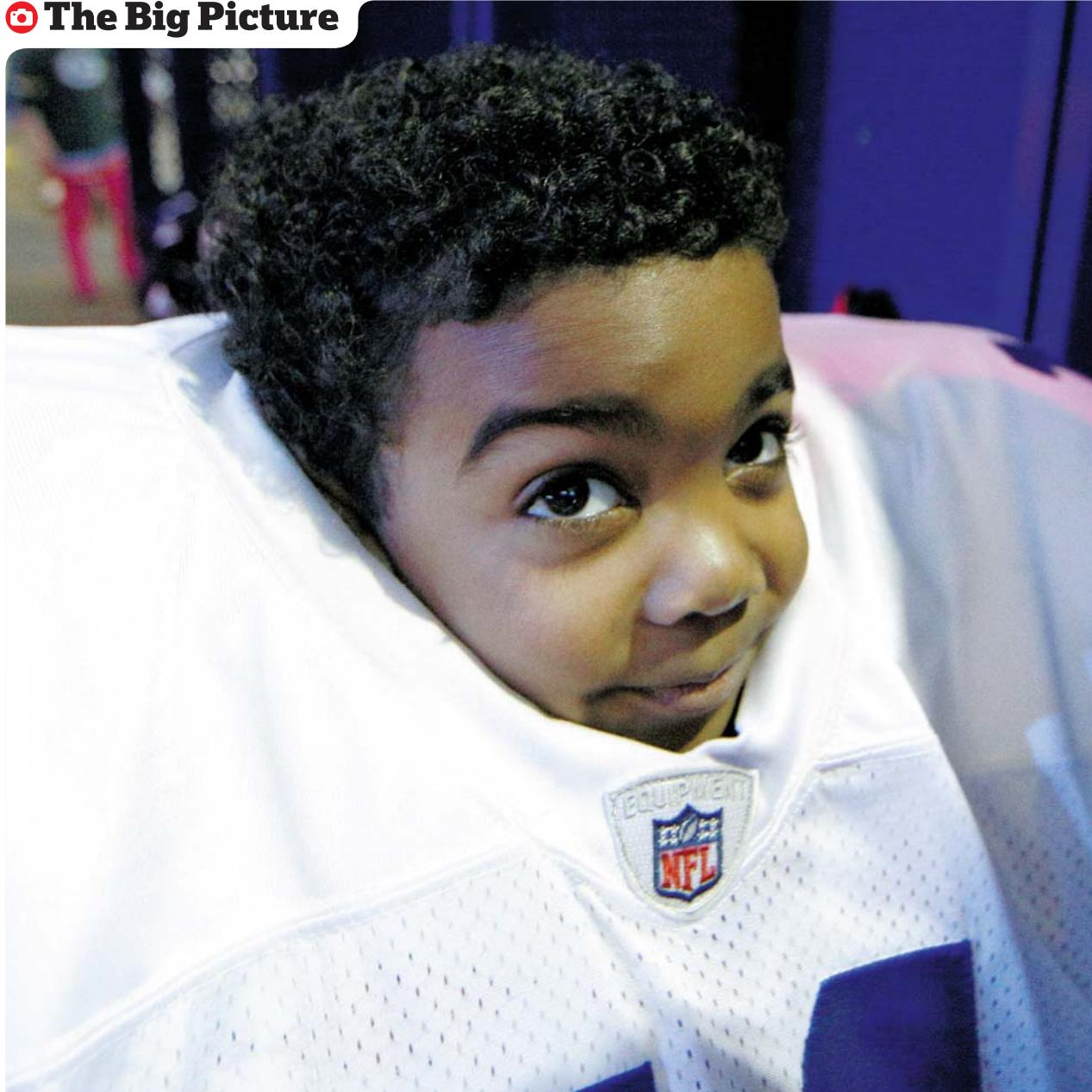
## Pride Cometh Before A Terrible Avalanche

A Champion, N.Y., man has topped his own record by building a 35-foot, top hat-wearing snowman on his property. Vern Scoville started building huge snowmen several years ago as something fun for his family and friends to do after the holidays. Last year, his snowman topped out at 25 feet. (AP)

## You Never Know When You'll Need a Trireme

A group of history buffs wants to bring a full-size replica of an ancient Greek warship to the U.S. and row it in New York Harbor. The ship, a trireme, is the same kind the Greeks used in 480 B.C. in their war against the Persians. The replica was built in Greece in 1987, but it hasn't sailed since 1994. Trireme in New York City Inc., is trying to raise \$3 million to restore the replica. (AP)

## The Big Picture



**FOUR-YEAR-OLD ARYK CALDWELL** is swallowed up by a full-sized football uniform at the NFL Experience in Dallas this past Sunday. The Pittsburgh Steelers will play the Green Bay Packers in Super Bowl XLV at Cowboys Stadium in Dallas on Sunday. (AP)



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## In Brief

## NEW ORLEANS

**CDC: No Link Between Deaths, Chinese Drywall**

The Centers for Disease Control and Prevention said Monday it has found no link between tainted Chinese drywall and the deaths of 11 people living in homes with the defective drywall. The report said people died without exception due to "health conditions unrelated to imported drywall exposure." (AP)

## WASHINGTON

**Report: Drillers Pumped Diesel Fuel into Ground**

Oil and gas companies have injected more than 32 million gallons of fluids containing diesel fuel underground in 19 states without first getting government approval, a report by congressional Democrats said Monday. The probe found no evidence that the use of diesel fuel contaminated water supplies. (AP)

## CHICAGO

**Governor Signs Bill That Legalizes Gay Civil Unions**

Illinois Gov. Pat Quinn has signed a bill legalizing civil unions for gay and lesbian couples. The measure gives gay and lesbian couples official recognition from the state and many of the rights that accompany traditional marriage. The law will take effect on June 1. Illinois law will continue to define marriage as between one man and one woman. (AP)

# Health Care Law's Newest Blow

**Fla. judge: Overhaul is unconstitutional, infringes on rights**

**Pensacola**

A federal judge declared the Obama administration's health care overhaul unconstitutional Monday, siding with 26 states that argued people cannot be required to buy health insurance.

Senior U.S. District Judge Roger Vinson agreed with the states that the new law violates people's rights by forcing them to buy health insurance by 2014 or face penalties. He went a step further than a previous ruling against the law, declaring the entire thing unconstitutional if the insurance requirement does not hold up.

Attorneys for the administration had argued that the states did not have standing to challenge the law and that the case should be dismissed.



Vinson



J. SCOTT APPLEWHITE/AP

President Obama signs the health care bill at the White House on March 23, 2010.

Justice Department spokeswoman Tracy Schmaler said Monday the department strongly disagrees with Vinson's ruling and intends to appeal: "There is clear and well-established legal precedent that Congress acted within its constitutional authority in passing this law, and we are confident that we will ultimately prevail on appeal."

The final step will almost certainly be the U.S. Supreme Court. Two other federal judges have

already upheld the law, and a federal judge in Virginia ruled the insurance mandate unconstitutional but stopped short of voiding the entire thing.

At issue was whether the government is reaching beyond its constitutional power to regulate interstate commerce by requiring citizens to purchase health insurance.

Vinson, who was appointed to the federal bench by Ronald Rea-

**Backstory**

Florida's former Republican attorney general Bill McCollum filed the lawsuit just minutes after President Obama signed the 10-year, \$938 billion health care bill into law in March. He chose a court in Pensacola, one of Florida's most conservative cities. The nation's most influential small business lobby, the National Federation of Independent Business, also joined. (AP)

gan in 1983, said it is, writing in his 78-page ruling that if the government can require people to buy health insurance, it could also regulate food the same way.

"Or, as discussed during oral argument, Congress could require that people buy and consume broccoli at regular intervals," he wrote, "Not only because the required purchases will positively impact interstate commerce, but also because people who eat healthier tend to be healthier, and are thus more productive and put less of a strain on the health care system."

MELISSA NELSON (AP)

**Putting on the Ritz:** From flapper costumes to swing dance contests and whiskey-soaked cocktails, Atlantic City is going retro, embracing the Roaring '20s in a big way. It's a new strategy to attract new business by invoking the round-the-clock party vibe of a bygone era and cashing in on nationwide interest in the hit HBO show "Boardwalk Empire," about Prohibition-era Atlantic City. (AP)

## Winter Allergies?

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# Nation

# Monster Storm Looms

A third of the nation braces for menacing freezing rain, snow

**Columbia, Mo.**

An intimidating winter storm took aim at a third of the nation Monday, threatening to lay a potentially deadly path of heavy snow and ice from the Rockies to New England, followed by a wave of bitter, bone-rattling cold that could affect tens of millions of people.

Cities including St. Louis, Kansas City and Milwaukee could be hardest hit, with expected mid-week snowfalls of up to 2 feet and drifts piled 5 to 10 feet tall. Even hardy Chicago could be in for its third-worst blizzard since record-keeping began.

"I wouldn't want to be on the road in open areas tomorrow night," WGN forecaster Tom Skilling said. "I don't think I'd want to be driving in the city either. The fact is, people die in these things."

Warmer areas were not safe, either. The system could spawn tornadoes in the South. While record snowfalls have pounded the Northeast in one of that region's most brutal winters, the Midwest has been comparatively unscathed – until now.



Lydia Vasquez scrapes ice from her automobile's windshield in Denver on Monday.

**"Freaking out" is a great way of putting it. The icing — that's what scares people."**

**— STEVE EDELE, OWNER OF EDELE AND MERTZ HARDWARE IN ST. LOUIS, MO., REMARKING ON THE IMPENDING STORM'S FORECAST OF SNOW, ICE AND SLEET.**

A blizzard watch was in effect for Tuesday and Wednesday for southern Wisconsin, northern Illinois and northwest Indiana. Winds could reach up to 60 mph in open areas and near Lake Michigan.

In St. Louis and much of Missouri, residents braced for a particularly hazardous mix: up to an

inch of ice, followed by 3 to 4 inches of sleet, then perhaps a half-foot of snow or more. Farther south in Columbia, Mo., forecasters predicted between 12 inches and 16 inches of snow.

The forecast prompted Missouri Gov. Jay Nixon to declare a state of emergency and activate 600 members of the National Guard.

In Chicago, forecasters predicted 20 inches of snow. Bitterly cold temperatures were forecast in the wake of the storm, with wind chills as cold as 40 F below zero possible in parts of North Dakota, South Dakota and other areas.

On Monday, freezing drizzle coated roadways across the Plains.

**ALAN SCHER ZAGIER (AP)**

**1** **The number of settlement payments paid** from BP's Gulf of Mexico oil spill compensation fund. As of this weekend, roughly 91,000 claimants had filed for final settlements, but the fund's administrator has said those checks won't start rolling out until next month. The Gulf Coast Claims Facility was set up in August to independently administer BP's \$20 billion compensation fund in the aftermath of its April 20 oil well blowout off Louisiana. (AP)

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## Hearsay



**"I am willing to be viewed as a troublemaker by people who are happy with the status quo."**

— BILL GATES, WHO WROTE IN HIS THIRD ANNUAL LETTER ON HIS WEBSITE MONDAY THAT HE IS FRUSTRATED WITH THE SLOW PROGRESS IN THE AIDS FIGHT.

# New Pregnancy Diabetes Threat

Half of moms who've had gestational form are at risk for Type 2

## Washington

A type of diabetes that strikes during pregnancy may disappear at birth, but it remains a big red flag for moms' future health — one that too many seem to be missing.

Roughly half of women who've had gestational diabetes — the pregnancy kind — go on to develop full-fledged Type 2 diabetes in the months to years after their child's birth.

Yet new research shows fewer than one in five of those women returns for a crucial diabetes test within six months of delivery. That's the first of the checkups they're supposed to have every few years to guard against diabetes' return, but no one knows how many do.

The research, by testing-lab giant Quest Diagnostics, is sobering because if they only knew, many of these new mothers could take steps to reduce their chances of later-in-life diabetes that can bring with it such complications as heart disease and kidney damage.

"It's almost as if you got a preview — a window to the future,"

## 26M

The number of Americans who have some form of diabetes, the vast majority of them the Type 2 kind that's linked to being overweight, according to the CDC. Tens of millions have high enough blood sugar to be classified as pre-diabetic. (AP)

says Dr. Ann Albright, a diabetes specialist with the Centers for Disease Control and Prevention. "This is a population that really should be targeted for intervention."

And more mothers-to-be soon

may join the ranks. The American Diabetes Association is recommending a change in how pregnant women are tested that will identify more mild cases than today, based on some recent studies that found treating even those mothers leads to easier deliveries. If obstetricians eventually sign on, it has the potential to double diagnoses — although most mild cases would need only better nutrition and exercise.

According to the CDC, somewhere between 2 percent and 10 percent of pregnant women develop diabetes for the first time during pregnancy, the gestational type. LAURAN NEERGAARD (AP)

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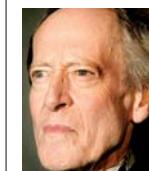
# World



## In Brief

### LONDON

#### Composer Who Worked On Bond Films Dies at 77



Five-time Oscar-winning composer John Barry, who wrote music for a dozen James Bond films, including "You Only Live Twice" and "Goldfinger," died Sunday in New York, where he had lived, his family said. He was 77. He won two Oscars for "Born Free" in 1966, for best score and best song. He also earned statuettes for the scores to "The Lion in Winter" (1968), "Out of Africa" (1985) and "Dances with Wolves" (1990). (AP)

Barry

..... New York, where he had lived, his family said. He was 77. He won two Oscars for "Born Free" in 1966, for best score and best song. He also earned statuettes for the scores to "The Lion in Winter" (1968), "Out of Africa" (1985) and "Dances with Wolves" (1990). (AP)

### TOKYO

#### Volcano Spewing Ash Forces Evacuations

Officials urged more than 1,000 residents to seek safer ground on Monday and expanded a no-access zone around a volcano that has exploded back to life in a remote part of the Kirishima range in southern Japan. The 4,662-foot Shinmoedake volcano erupted last week for the first time in 52 years. (AP)

### TUNIS, TUNISIA

#### EU to Freeze Finances Of Tunisia's Ousted Chief

The European Union said Monday it plans to impose an asset freeze on ousted former Tunisian president Zine El Abidine Ben Ali and his wife. The 27 EU foreign ministers said at a meeting that they also will do their utmost to help the North African nation move toward democracy after Ben Ali fled on Jan. 14 in the wake of widespread protests. (AP)

An American tourist in Giza, Egypt, waves Monday as her bus departs for an airport. At right, exhausted travelers wait for a delayed Turkish Airways flight out of Cairo.

## Cairo's Airport an 'Absolute Zoo'

Anxious travelers fill government-backed flights to flee unrest

### Cairo

Cairo's international airport was a scene of chaos and confusion Monday as thousands of foreigners sought to flee the unrest in Egypt, and countries around the world scrambled to send in planes to fly their citizens out.

Nerves frayed, and shouting and shoving matches erupted as thousands crammed into Cairo airport's new Terminal 3 seeking a flight home. Food was scarce at the airport, with people buying up chocolate in the duty-free shop.

The airport's departures board stopped announcing flight times in an attempt to reduce the tension

# 1,200

The number of Americans evacuated from Cairo on government-backed flights as of Monday, State Department officials said. Another 1,400 are expected to fly out of Egypt in the coming days. (AP)

— but the plan backfired, fueling passengers' anger.

Making matters worse, check-in counters were poorly staffed because many EgyptAir employees had been unable to get to work due to a 3 p.m.-to-8 a.m. curfew and traffic breakdowns across the Egyptian capital.

"It's an absolute zoo; what a mess," said Justine Khanzadian, 23, a graduate student from the American University of Cairo.

Even Iraq decided to evacuate

### Meanwhile ...

**Dozens of students, faculty and staff** at mid-Atlantic universities have either been pulled out of Egypt or are on their way home amid political unrest that threatens to topple the government, officials said. Georgetown University flew 15 students to Qatar on Monday, and 14 George Washington University students will also be leaving Egypt. (AP)

its citizens, sending three planes to Egypt — including the prime minister's plane — to bring home for free those who wish to return. Thousands of Iraqis had once fled to Egypt to escape the violence in their own country.

China sent four planes to help pick up an estimated 500 Chinese stranded in Cairo and warned cit-

izens not to travel to Egypt, echoing earlier warnings from Britain, Sweden, Finland, Norway, Denmark and the Czech Republic, which all advised against all nonessential travel to Egypt. Many European tour companies canceled trips to Egypt until Feb. 23, while others left the cancellations open until further notice.

One big question was what to do with the tens of thousands of tourists in other parts of Egypt. Tour operators say they will fly home all their customers this week when their holidays end, or on extra flights, stressing there has not been any unrest in Red Sea resort cities such as Hurghada or Sharm el-Sheik.

Still, food shortages were starting to be felt at some Egyptian resorts, and some restaurants were refusing to serve foreigners. (AP)

## Report: Dangerous Virus Compromised Nuclear Plant in Iran

### Vienna

The control systems of Iran's Bushehr nuclear plant have been penetrated by a computer worm unleashed last year, according to a foreign intelligence report that warns of a possible Chernobyl-like disaster once the site becomes fully

operational.

Russia's envoy to NATO, Dmitry Rogozin, also has raised the specter of the 1986 reactor explosion in Ukraine, but suggested last week that the danger had passed.

The report, drawn up by a nation closely monitoring Iran's nuclear program and obtained by

The Associated Press, said such conclusions were premature.

With control systems disabled by the virus, the reactor would have the force of a "small nuclear bomb," it said.

The virus, known as Stuxnet, temporarily crippled Iran's uranium enrichment program. Iran has

denied that the plant was directly affected or that Stuxnet was responsible for delays in the startup of the Russian-built reactor.

The Islamic Republic is reluctant to acknowledge setbacks to its nuclear activities, which it says are for energy, not weapons development, as many suspect. (AP)

# 1,000

The distance, in feet, that a climber fell on Saturday while hiking in Scotland. Adam Potter, of Glasgow, broke his back in three places but went home on Monday. He said he plans to hike Mt. Everest. (AP)

# Hiker Summoned to Iran

Trial is set for Feb. 6 for 3 Americans still accused of espionage

## Tehran, Iran

Iran summoned an American woman to return to the country and stand trial on Feb. 6 along with two other Americans still in custody and accused of spying after crossing the border from Iraq, a judiciary spokesman said Monday.

Their families say the Americans were out on a hike in Iraq when they were arrested on July 31, 2009. The only woman among them, Sarah Shourd, was released on bail in September and returned to the U.S.

After her release, Shourd told the New York Times that the three inadvertently crossed the unmarked border because a guard

## Backstory



**Sarah Shourd** and Shane Bauer, her fiance, had been living together in Syria, where Bauer was working as a

freelance journalist and Shourd as an English teacher. Josh Fattal, an environmental activist, went to visit them in July 2009. They were arrested on July 31, 2009, while out on a hike, their families have said. Tehran's chief prosecutor has claimed that the Americans were spies who had "equipment and documents and received training." (AP)

of unknown nationality gestured for them to approach.

Shourd's fiance, Shane Bauer, and their friend Josh Fattal remain in prison in Iran.

The U.S. government has denied the charges against them and demanded their release. Their detention has added to tensions between the two nations over such issues as Iran's disputed nuclear program.

Shourd, from Oakland, Calif., has not disclosed any plans to return for trial. Iran has warned it will seize the \$500,000 bail if she does not return. Who provided the bail money that was paid as part of a deal brokered by Oman has never been clear.

The trial date could be delayed again if the lawyer for the defendants requests more time, Iranian officials said.

Initially, Tehran accused the three Americans only of illegally crossing into Iran, but later added espionage charges. Authorities have given few details to support the accusations. (AP)



Gen. Salou Djibo, who led a coup last year, calls on Nigerians to cast votes Monday.

## Niger Seeks Democracy in Vote

### Niamey, Niger

This impoverished country on the edge of the Sahara took another stab at democracy Monday when it voted for a new president who is expected to take over leadership from the military.

Gen. Salou Djibo, who led a coup last February that ousted President Mamadou Tandja after he overstayed his term, called on voters to go to the polls and

cast ballots.

The country's 6.7 million registered voters are choosing among 10 presidential candidates, including the first female presidential hopeful, and there are 116 legislative races nationwide.

Niger's electoral commission says it could take up to a week to tally and announce provisional results, which would need to be confirmed by the constitutional court within two weeks. (AP)

## Chinese New Year Anticipation



WALLY SANTANA/AP

**A CHILD GRABS** decorations for the Chinese New Year at an open-air market Monday in Taipei, Taiwan. The Year of the Rabbit begins Thursday, according to the Chinese zodiac, and will be celebrated by millions throughout Asia and the world.

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**\$467** The monthly income that a family of five in Zimbabwe must earn to be defined as "not poor" and able to meet basic needs, Zimbabwean officials said Monday. The average monthly income is about \$200 for the country's nearly 240,000 civil servants and other workers, who are planning to go on strike. (AP)



# Brakes Hit on Fatalities

New study finds red-light cameras reduce deadly accidents across country

Red-light cameras are saving lives even as they make millions in revenue, according to the first definitive study on the subject.

The use of cameras to catch red-light runners and speeders has proliferated in the past decade, dramatically increasing the prospect that drivers in too much of a hurry will get caught. The flash of a camera has become common at District intersections, more than 50 of which now are equipped to catch red-light offenders.

A study released Tuesday by the Insurance Institute for Highway Safety finds that traffic fatalities at those intersections

## Inside the Report

The red-light report released Tuesday focused on 14 cities that had camera programs from 2004 to 2008 and compared their accident rate with 48 cities that did not during the same time period.

dropped by 26 percent over a five-year period, just slightly more than they declined in 13 other camera-equipped cities.

"We're hopeful this will stop some of the backlash against cameras," said Adrian Lund, president of the insurance foundation. "Much of the attention to victims of the camera has been paid to people who received tickets. Hopefully, this will return the focus to the people who have been killed or injured by red-light running."

Angry drivers denounce the use of the cameras as a money-making scheme; indeed, the District earned almost \$7.2 million on 85,678 red-light tickets from June 2009 through May 2010. At the same time, almost anyone who regularly drives D.C. streets will attest to the fact that drivers slow in places where they know speed cameras are located and are more likely to stop on yellow at intersections with red-light cameras.

The institute study said there were five fewer deaths at those camera-equipped lights over five years. During that same period across the country, 159 fewer people died in the cities that use cameras, the study found. If cameras had been in use in all cities with populations above 200,000, they projected that 815 lives would have been saved. (THE WASHINGTON POST)

## METRO PULSE

**Any advice for Richard Sarles, Metro's new GM, for what his priorities should be?**



"Get that line built to Dulles. Safety is certainly an issue. Metro gets more flak than it deserves. I think people bitch about it more than they should."

**Isham Randolph, TAKOMA**

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# Local

## Grave Records Faulted

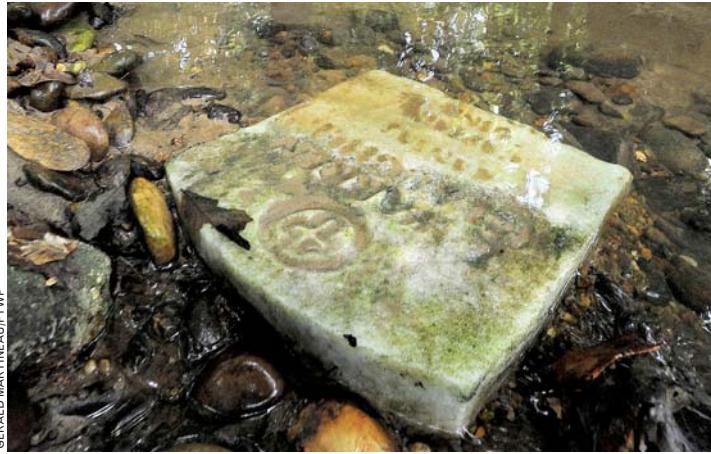
Review finds a lack of oversight to blame for cemetery errors

### Washington

Antiquated paper record keeping and lack of oversight led to the mishandling of dozens of remains at the nation's most important military burial ground, according to a three-month review of Arlington National Cemetery's operations by a consortium of technology companies.

"The current reliance on paper-only records combined with technical obsolescence and undocumented handling and oversight procedures has contributed to [the cemetery's] inability to fully account for remains," according to a report issued Monday by the Northern Virginia Technology Council. "The confusion that results from poor records management leads to loss of public trust."

To regain that trust, the cemetery must digitize its records, improve its scheduling system and establish a rigorous chain of



**Arlington National Cemetery has lost the public's trust, a new report concluded.**

custody for remains as they move from funeral homes to burial, the report said.

In reviewing the cemetery's processes, the tech companies — including Booz Allen Hamilton, Science Applications International Corp. and the Mitre Corp. — did not find "an overall strategy or plan of action" at the cemetery and said it was plagued with a "counterproductive and error-prone working environment."

The group found, for example, "duplicate records initiated

for the same person" and "multiple instances of inaccurate headstone orders."

An investigation by the Army Inspector General last summer found that dozens of graves were mislabeled or misidentified. More recently, the cemetery has discovered more burial problems. In one instance, a single grave site that was supposed to hold one set of cremated remains instead held eight. Criminal investigators are probing that incident. **CHRISTIAN DAVENPORT (THE WASHINGTON POST)**

## Program Takes Toll on Local Hispanic Populations

### Washington

A controversial program that deputizes local police officers to enforce immigration laws sent the Hispanic population plummeting in many places across the country, including Prince William and Frederick counties, according to a new report released Monday by the Migration Policy Institute.

In some cases, the initial decrease was dramatic, with Frederick County losing 61 percent of its Hispanic population between 2007 and 2009, and Prince William County losing almost 21 percent in the same period, according to the report, which relied on census data and school enrollment figures. The Hispanic populations have since rebounded but not to

their previous levels.

The study focused on seven places that have adopted the federal program, which is in use by at least 68 state and local law enforcement agencies. Under the program, local police are trained to determine the immigration status of people they arrest and flag those found to be in the country illegally to Immigration and Customs Enforcement. **(TWP)**

### The Lotteries

#### Monday, Jan. 31

##### District

Mid-day Lucky Numbers .....	4-1-6
Evening Lucky Numbers (Sun.) .....	6-5-8
Mid-day DC 4 .....	0-2-9-0
Evening DC 4 (Sun.) .....	1-0-0-4
Mid-day D.C. Five .....	3-1-5-2-6
Evening D.C. Five (Sun.) .....	8-4-9-7-9

##### Virginia

Mid-day Pick 3 .....	3-6-7
Evening Pick 3 (Sun.) .....	3-0-2
Mid-day Pick 4 .....	8-3-7-1
Evening Pick 4 (Sun.) .....	4-7-2-8
Mid-day Cash 5 (Sun.) .....	01-08-11-19-29
Evening Cash 5 (Sun.) .....	02-14-25-26-27

##### Maryland

Mid-day Pick 3 .....	9-6-8
Evening Pick 3 (Sun.) .....	6-4-1
Mid-day Pick 4 .....	2-6-5
Evening Pick 4 (Sun.) .....	7-1-8-3
Match 5 (Sun.) .....	10-11-16-19-33 (31)

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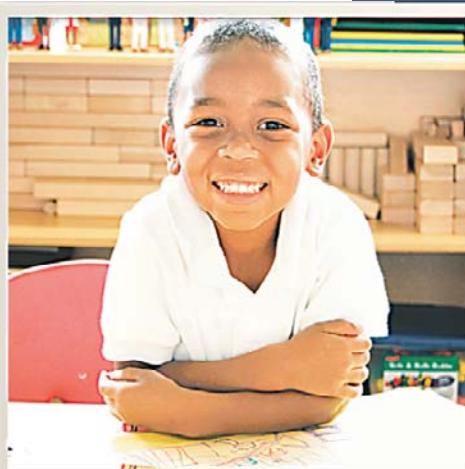
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## Local

### In Brief



Lisa Marie Thalhamme participates in a protest at the Smithsonian on Monday.

#### WASHINGTON

### Smithsonian's Removal Of Video Sparks Protest

An art group protested Monday outside the Smithsonian Institution over the removal of a gay artist's video that depicted ants crawling on a crucifix, a scene that angered some who called it sacrilegious. About 30 people, many from the New York-based group Art Positive, picketed on the National Mall outside a Smithsonian Board of Regents meeting, calling for Smithsonian Secretary Wayne Clough to step down for censoring the National Portrait Gallery exhibit. (AP)

#### TAKOMA PARK, MD.

### Police ID Bank Robbery Suspect Killed on Friday

Montgomery County police have identified 43-year-old Carlos Rudolfo Espinoza Arcia, of Hyattsville, as the man who was fatally shot by officers as he fled a bank robbery with a hostage, who lived. Police say Espinoza Arcia took a female bank employee hostage during the robbery Friday morning and used her as a shield when he exited the bank. (AP)

#### BALTIMORE

### Crews Brace for Storm

Transportation officials and utilities in the Mid-Atlantic region are preparing for winter's next punch. A winter storm is bringing sleet, and freezing rain was predicted to arrive in the area late Monday. Maryland's State Highway Administration says more than 2,700 personnel and 2,400 pieces of equipment are available statewide along with roughly 270,000 tons of salt. Crews pretreated interstates with salt brine. (AP)

# Final Push In Egypt?

Military backs off as protesters urge 1 million to march against Mubarak

## Cairo

Egypt's military promised Monday not to fire on any peaceful protests and recognized "the legitimacy of the people's demands," a sign army support for President Hosni Mubarak may be unraveling. Protesters planned a major escalation, calling for a million people to take to the streets to push Mubarak out.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground zero of seven days

the streets were equally unimpressed.

Another concession came later Monday night, when Vice President Omar Suleiman — who was appointed by Mubarak only two days earlier — announced on state TV that the president had tasked him to immediately begin dialogue with "political forces" for constitutional and legislative reforms.

In Washington, White House spokesman Robert Gibbs dismissed

**"It's almost the same government, as if we are not here, as if we are sheep. ... It has to burn."**

— KHALED BASSOUNY, A 30-YEAR-OLD PROTESTER UNIMPRESSED WITH EGYPT'S 29-PERSON CABINET, WHICH HAD 14 NEW MEMBERS SWORN IN ON MONDAY.

of protests demanding the ouster of the 82-year-old president who has ruled with an authoritarian hand for nearly three decades.

With the organizers' calling for a march by 1 million people Tuesday, the vibe in the plaza — whose name in Arabic means "Liberation" — was intensifying with the feeling that the upheaval was nearing a decisive point. "He only needs a push," was a frequent chant, and one leaflet circulated by some protesters said it was time for the military to choose between Mubarak and the people.

The latest gesture by Mubarak aimed at defusing the crisis fell flat. His top ally, the U.S., rejected his announcement of a new government Monday that dropped his interior minister, who heads police forces and was widely denounced by the protesters. The crowds in

the naming of the new government, saying the situation in Egypt calls for action, not appointments.

The military statement on state TV was the strongest sign yet that the army was willing to let the protests continue if they remain peaceful, even if that leads to Mubarak's fall. If Mubarak, a former air force commander, loses the support of the military, it would likely be a fatal blow to his rule.

Military spokesman Ismail Etman said the army realizes "the legitimacy of the people's



BEN CURTIS/AP



PETER MACDIARMID/GIANT IMAGES

Top: A demonstrator in an Egyptian army uniform is carried Monday through Cairo's Tahrir Square. Many Egyptian soldiers support the protests, though senior military leaders are prevalent in the country's new Cabinet. Bottom: Protesters pray in Cairo.

## Mixed Feelings

Egyptian demonstrators have a multilayered perception of America, a reflection of the complicated feelings common in Egypt. Hostility toward the U.S. is widespread among the crowds in Cairo, who feel Washington's alliance with Egypt — along with billions of dollars in military aid — has bolstered Mubarak's regime for nearly 30 years. Protesters have noted with bitterness that some weaponry used against them appeared to be U.S.-made. But there's also a yearning for U.S. support and a general belief that the Obama administration could be key in helping to push President Hosni Mubarak out. So behind the angry chants, there are hopes for solidarity. Washington has given a strong impression that it believes Mubarak will have to go, but it has not called for him to step down. (AP)

## Protecting Egypt's Past

Soldiers have detained about 50 men trying to break into the Egyptian National Museum to loot some of the country's archaeological treasures, the military said Monday. Would-be looters broke into the museum Saturday and ripped the heads off two mummies. Snipers were stationed on the roof, and dozens of troops patrolled the grounds of the famed museum. "If the museum is safe, Egypt is safe," Zahi Hawass, Egypt's antiquities chief, said Monday. The military has also sent troops to the Pyramids of Giza, the temple city of Luxor and other key archaeological sites. (AP)

demands." He said the military "has not and will not use force against the public" and underlined that "the freedom of peaceful expression is guaranteed for everyone."

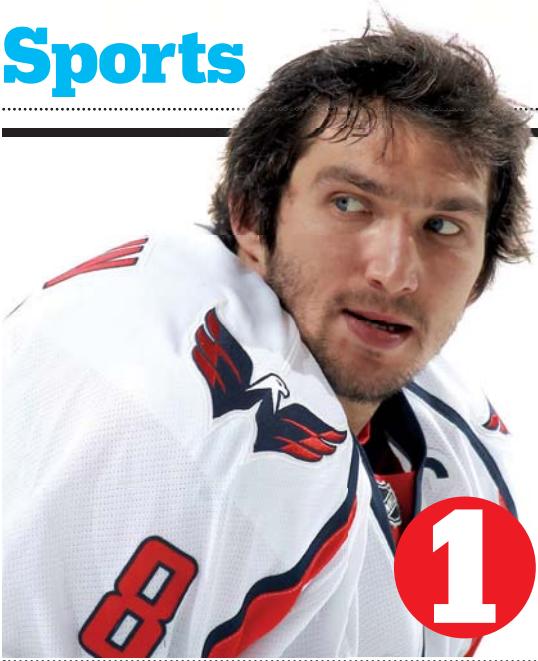
He added that protesters, however, should not commit "any act that destabilizes security of the country" or damage property.

Looting that erupted over the weekend across the city of around 18 million appeared to have eased.

A major question has been whether the various protest movements can coalesce behind a unified political leadership. About 30 representatives from opposition groups met to work out a joint stance but failed to do so.

They planned to meet again Tuesday and to decide whether to make prominent reform advocate Mohamed ElBaradei spokesman for the protesters, said Abu'l-Ela Madi, the spokesman of one of the participating groups. (AP)

# Sports



## How much are the Caps willing to pay to make a trade?

The most important day of the Capitals' season could be Feb. 28: the NHL trade deadline.

The right trade for the right price could push your team to the next level (the 2008-09 Pittsburgh Penguins acquired Bill Guerin and Chris Kunitz for their Stanley Cup run), or disrupt team chemistry.

The Capitals may be looking to address a need for a center and a veteran goaltender, but the market for both positions is thin. Two likely trade candidates for the Caps are Florida Panthers goaltender Tomas Vokoun and New Jersey Devils center Jason Arnott, but both players should come at a high price.

General Managers are well aware of the fine talent in the Caps' pipeline and, in the past, their asking prices have been enormous.

In 2009, the Anaheim Ducks asked for John Carlson, Karl Alzner and either Michal Neuvirth or Semyon Varlamov for defenseman Chris Pronger — an offer GM George McPhee rejected. The question now is whether McPhee is willing to trade in a few prospects for a chance at winning the Stanley Cup now.



## When will the old Ovechkin arrive?

Perhaps the real reason Sidney Crosby sat out this weekend's All-Star festivities is because he doesn't want Ovie the Spy stealing his point production tricks. OK, that's not true, but there's no way around it; so far Ovechkin's 2010-11 season has been underwhelming.

His name is missing from the league goal-scoring leaders list, as the Russian has been stymied by increased defensive pressure, leading to a humbling 19 goals. On the power play, he's added only two goals on the season, both scored in a 7-2 rout of the Calgary Flames in October.

Though he is ninth in points (51), thanks to a mountain of assists (32), the goal-scoring numbers just aren't up to snuff. The Caps need Ovechkin to be the dominating goal-scorer he can be if they want to get back to trouncing through the NHL.

Fortunately, there is some light at the end of the tunnel. Against Toronto on Jan. 22, he recorded his first hat trick of the season (10th of his career), and in the last three games he has four goals and two assists. That's more Ovie-like.

## Swengali

### An About-Face For the Capitals

**As the Capitals begin** the second half of their most pivotal season in years Tuesday night, wins and losses are only mere concerns.

The bigger issue is *the big issue* facing this team that's performed so well in recent regular seasons but faltered in the playoffs.



By Matt Swenson

Washington must decide whether it's serious about getting serious about defense, or whether offense is still king.

Coach Bruce Boudreau, wisely acknowledging that defensive woes have been the team's undoing, decided this year to adopt a "trap" scheme. That means the team relies on its defense to smother its opponent rather than trying to out-

**The Capitals were built to score, score and score some more.**

score it.

That's all well and good, but the Capitals were built to score, score and score some more.

The danger is something like the Redskins experienced in transitioning to a 3-4 defense this season without the right personnel.

So far, it hasn't been that drastic. In fact, Washington's defense and goalkeeping have been the saving graces of a so-so season. The problem is the offense hasn't caught up, and that's where all of the high-priced stars are.

In the playoffs, you'd figure Alex Ovechkin and Nicklas Backstrom are going to have to carry the Caps. But if the team's scheme doesn't allow for that, is all hope already lost?

It's a transition game in D.C., and the clock's running out on whether the Caps can win it.

## 3 BURNING QUESTIONS

As the Caps enter the season's last two months, there's plenty that the team has to answer.

**Expectations of a Stanley Cup** may have been tempered after the Capitals fell out of first place in the Southeast Division. But as Washington learned so painfully a year ago, all an NHL team needs to do is make the playoffs in order to make a run at a championship. With that in mind, Express looks ahead to the second half of the season, which begins Tuesday against Montreal, by examining three key issues facing last year's Presidents Cup trophy winner. **REED S. ALBERS**

## Are the Capitals really a Stanley Cup contender?

At the beginning of the season, the Capitals were pegged one of the NHL's top teams and likely Stanley Cup candidate.

The team's high-octane offense was touted as the driving force behind its cup aspirations, a youth movement in net was supposed to invigorate the team, and increased defensive responsibility highlighted training camp. The defense and goaltending have come through, but as the team enters the last two months of the season, the offense is just in the middle of the pack.

Washington is 17th in goals per game (2.71) and 16th in goals scored (140); it's ranked 19th in power play (17.1); and it sits four points behind the Tampa Bay Lightning in the Southeast Division. The Caps are in fifth place in the Eastern Conference, and only six points separate them from eighth place. Unless the offense can start putting pucks in the net, the Caps could be fighting for their playoff lives.



# Sports

## Steelers Defense Hit With Criticism

Harsh tackles this season have some saying team is dirty

### Super Bowl

With two scary hits on a single Sunday — and with the fines, attention and acrimony that followed — Pittsburgh Steelers linebacker James Harrison became the symbol of a season in which the NFL tried to make clear what is and isn't the right way to tackle.

Heading into the Super Bowl against the Green Bay Packers, the Steelers view themselves simply as a hard-nosed bunch, the rightful scions of the Steel Curtain. Others might use another word: dirty.

"To be honest with you, I really don't care," cornerback Ike Taylor said. "This ain't flag football. ... Some collisions are going to occur, some more serious than others."

It was Taylor who head-butted Baltimore Ravens receiver T.J. Houshmandzadeh early in Pittsburgh's 31-24 playoff victory. Perhaps it was purely a coincidence that Houshmandzadeh dropped a key pass late in that game.

When Pittsburgh beat the New York Jets 24-19 in the AFC championship game, Harrison landed hard on Mark Sanchez, even though the quarterback slid feet-first on a scramble. On the next play, linebacker James



GEE J. PUSKARI/AP

Steeler James Harrison was fined more than the entire Packers team this year.

Farrior hit running back Shonn Greene face mask to face.

On Oct. 17, the day helmet-to-helmet and other improper tackling came to the fore, Harrison sidelined two Browns with jarring hits that resulted in head injuries. Harrison's personal total of fines this season was more than what the entire Packers team was docked.

He spoke about retiring, met with Commissioner Roger Goodell and eventually had his fines reduced because the league determined the linebacker adjusted his techniques to play within the rules.

"It's starting to look like: 'It's OK to cheat, it's OK to fight, but if you hit somebody too hard, we're going to fine you a whole bunch,'" Harrison said last month. "Maybe it's because I play for the Steelers. Who knows?" HOWARD FENDRICH (AP)

### TV Lineup

#### CAPITALS (7:30 P.M., CSN)

The Caps begin the second half of their season by playing the Montreal Canadiens, who ended their season last year in the playoffs.

**WIZARDS (8 P.M., CSN+)** A game at New Orleans probably means another road loss for the Wizards.

**COLLEGE HOOPS (7 P.M., ESPN, ESPN2; 9 P.M., ESPN)** Wisconsin

hosts Purdue, and Baylor takes on Oklahoma. Then Vanderbilt tips off against Florida.

**PRO HOCKEY (7:30 P.M., 10 P.M., VERSUS)** The New York Rangers host the Pittsburgh Penguins, and the Phoenix Coyotes visit the San Jose Sharks.

**SOCER (2:55 P.M., ESPN2)** Manchester United hosts Aston Villa in Premier League action.

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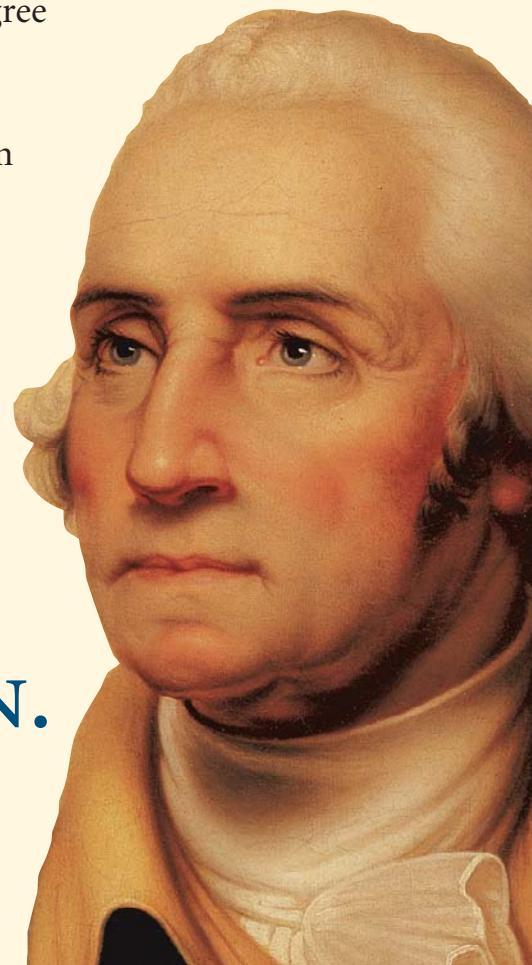
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# Chelsea Breaks the Bank to Sign Torres

British club agrees to record \$79.5M fee to acquire Spaniard

## Soccer

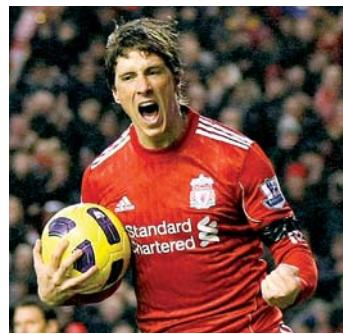
Chelsea agreed a fee with Liverpool to sign Fernando Torres on Monday in what could be British soccer's most expensive transfer.

British media say Chelsea will pay about 50 million pounds

(\$79.5 million) for the Spain striker, who would join a star-studded lineup that includes Ivory Coast striker Didier Drogba and former France international Nicolas Anelka.

The fee is similar to the figure paid to Inter Milan by Barcelona for Zlatan Ibrahimovic in 2009 and would only be bettered in football history by Real Madrid's purchases of Cristiano Ronaldo and Kaka in the same year.

"The player has now been given



Spanish striker Fernando Torres is leaving Liverpool to play for Chelsea.

permission to speak to the London club," a Liverpool statement said.

Manchester City forward Carlos Tevez is widely recognized as being the most expensive signing in British soccer after moving from Manchester United for about 47 million pounds in 2009.

Liverpool will replace Torres, who has spent 3½ years at Liverpool after his move from Atletico Madrid, with English striker Andy Carroll from Newcastle. (AP)

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**express**

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# fit



## Guinea Pig | Hot for Chocolate

No matter how you feel about Valentine's Day, Luna bets you're sweet on chocolate, which is why four of the new nutrition bars (\$1.39 each) from the lady-friendly company are taking a cue from candy bars. Chocolate-dipped coconut and chocolate chunk are joining the standard lineup, while chocolate and mint chocolate chip are now Luna Protein offerings. No one will confuse them with Godiva, but as a way to get calcium, vitamin D and iron, they'll win your heart.



Olga Dolynina, at left, makes boat pose more of an oblique toner by having students twist their torsos from side to side. At right, she's working the legs (and starting to tire out the arms) with warrior one pose.

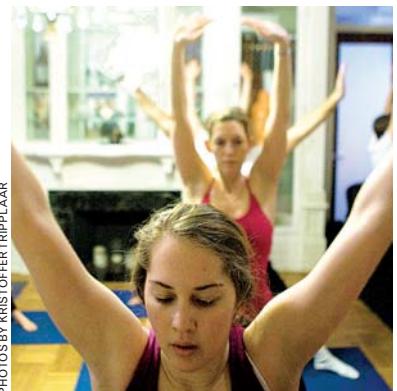
## Double Your Fun

Say namaste to Stroga's new signature offering: a blend of yoga poses and boot camp moves

### Class Review

Add strength to yoga, and you'll get "Stroga." This was the equation behind the Adams Morgan gym of that name when it opened last year, but the two practices were divided into separate studios. You can still sign up for group training or Vinyasa, but for anyone who'd rather try a blend and knock out two workouts at once, Stroga has finally unveiled its signature class.

**Work It Out**



**Don't forget the deodorant — you'll be raising your arms and sweating up a storm.**

**What it is:** Don't be fooled into thinking this is another power style of yoga, say co-creators Travis Old and Olga Dolynina, who have dubbed their sequences of poses interspersed with cardio bursts and muscle-testing movements "yoga-

inspired exercise." In one hour, you'll go nonstop to raise your heart rate, hone your balance, build your strength, and stretch your body — along with what you think is possible. "I want people to leave thinking, 'I did something today I never could have done before,'" Old says.

For seasoned yogis who've been intimidated by certain postures that

require more muscle, Old hopes this sort of training will be the push that gets them there. For the strength crowd, it's a chance to focus on sorely needed flexibility without feeling like they've wasted their time.

**Moves:** Old and Dolynina picked out yoga poses that seemed to naturally flow into other strength segments. So, when you're in downward-facing dog, get ready to whip out a set of mountain climbers, quickly drawing one knee into your chest and then the other. Chair pose gets even tougher when you're expected to stay low to perform a series of lunges. From goddess pose (a low, wide-legged squat), you'll do side leg lifts. Bridge pose easily — albeit, painfully — segues into hip raises, which you can make even more difficult by placing one foot on the opposite knee while you dip and lift.

**Workout:** It's the pace of the class that'll really wear you out. So, expect to take at least one time-out in child's pose. "Unless you are an avid exerciser, you're

### Details

**Stroga**  
**Signature**  
**is offered**  
**Tuesdays at 6 p.m., Saturdays at 8:30 a.m. and Sundays at 10 a.m. at Stroga (1808 Adams Mill Road NW; 202-238-9642, Stroga.com).**  
**Walk-ins are \$15 (but first-timers get in for \$10). You can try the class free this Sunday at noon at Lululemon Georgetown, and Feb. 20 at 10:30 a.m. at Lululemon Logan Circle.**  
**Demo classes are available if you'd like to share the program with co-workers. Contact Stroga for details.**

not going to make it through the first time," warns Old, who's had to cut back on the practice because he was losing too much weight. (Wearing a heart rate monitor, Old calculated that he burns 800 calories in a single session.)

Although the room isn't heated, it certainly felt that way halfway into a recent class. But when a student begged Dolynina to crack a window, she obliged. After particularly trying segments, Dolynina has a tendency of saying, "Well, that was fun." And the most "fun" part of class for her is the brutal plank series near the end that involves coming down to forearms and spinning to each side. "I call it dessert because the body is already exhausted," she says.

**Crowd:** The combo aspect draws from both sides of Stroga's clientele. Some people have clearly done chaturanga for years, while others have been focusing on push-ups. But the clear instruction makes it possible for everyone to figure out what they're supposed to be doing, whether it's warrior three, a down dog split or boat pose. Alon Street, 33, had only one week's worth of yoga knowledge under his belt when he arrived in class and didn't feel lost — just tired. "You get a good workout without lifting," he says. **VICKY HALLETT (EXPRESS)**

# baggagecheck



## Really, Brother, Where Art Thou?

**Q**My mother has a chronic illness, and my father is unemployed. Although my brother and I both live nearby, I'm always the one who has to take care of things: doctor appointments, job-searching, financial matters. I love my parents and want to help, but I resent that he does so little. **RESENTFUL SISTER**

It's unclear how much you've asked your brother for help or spelled out the fact that you're feeling taxed. Since these conversations seem to be stressful (at best), I'm wondering whether you've kept this to yourself all this time and he's just gotten used to the status quo, feeling no motivation to change anything (and not even seeing that he needs to).

Even if you have brought it up, it's time for a serious one-on-one talk with him. Take him out to lunch — most brothers love lunch — and tell him you're concerned about your parents and how things are looking. The trick is to make the conversation about future directions, rather than making him feel defensive about what his deficits have already been. Then try to agree on some concrete divisions of labor. They may still be unequal, but at least they won't be all versus none.

Just because you don't have frost-bite doesn't mean you don't have cold feet. But only more exploration — hopefully, before you put down the deposit on that band — can tell you whether your situation is garden-variety nerves or perhaps something more serious. With or without a therapist, you'll want to ask yourself: Do you tend to never want to settle on anything? Are

there aspects of him that you feel are unfulfilling? How has your relationship changed over the years? Must you get married now — are there reasons that you can't give yourself more time?

Yes, planning a wedding can be stressful, and it's not all a fairy tale. But if you're feeling malaise about getting married right now, you shouldn't get married right now.

## Not So Happily Ever After

**Q**I'm engaged to a great guy. We've known each other for a long time, I love him dearly, am attracted to him, etc. But after so many years of wanting to find The One, I find that now that I have, I feel more malaise about it than fairy-tale romance. It's not exactly cold feet, but more that I just feel like now that the search is over, that's one less thing to sort of look forward to. Does everyone feel like this? **AM I CRAZY?**



By Dr.  
Andrea  
Bonior



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Event Horizon Weekend Warrior

Get tips on surviving "American Ninja Warrior" from star Levi Meeuwenberg, who's coming to Primal Fitness (219 M St. NW; 202-635-1941, [Primal-fitness.com](http://Primal-fitness.com)) this Saturday and Sunday from 10 a.m. to noon. He'll be teaching the techniques he used to conquer the obstacle course on the popular G4 game show. So, if you're ever a contestant, you'll be prepared to take on the Ring Slider. It's \$50 for one day, or \$90 for both.

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# fit phys ed



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## 5 WAYS TO AGE-PROOF YOUR EYES

Wrinkled, baggy or dark skin around your eyes can make you look years older than you are. So, save them now. We asked dermatologists for DIY solutions.

**Use Your Ring Finger** Touching your eyes with your stronger pointer finger tends to stretch the skin. **DO THIS** To stop an itch or apply cream, lightly tap your eye area with your ring finger.

**Eat Healthy Meals** The more salt and booze you consume, the more fluids you retain, puffing your eyes. **DO THIS** Cut back on both — and sugar. A high-sugar diet can generate harmful molecules that damage collagen.

**Wear Tea** Green, black and chamomile teas have astringents that constrict blood vessels and pull skin taut. **DO THIS** Steep two bags, let them cool, wrap in a clean dishcloth, lie down and place a bag over each closed eye for five to 15 minutes.

**Peel a Potato** Potato starch is good for soothing redness and irritation. **DO THIS** Peel, grate and mash a raw potato, and wrap it in a clean dishcloth. Lie down and place the pouch on your eyes for 15 minutes.

**Sleep on Your Back** If you're on your side or stomach, the pressure of your head pressed against the pillow can cause permanent creases around your eyes. **DO THIS** Sleep faceup, and add an extra pillow to prevent fluid from pooling in your face. (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)



# Running The World

Pat Farmer is willing to travel to the ends of the Earth for water

## Q&A

If you saw someone running a marathon on his own around the Mall last Wednesday, chances are it was Pat Farmer. No matter the weather, the 48-year-old Australian has to put in serious mileage, because he's about to set off on the longest endurance run ever. In April, he'll fly to the North Pole, and he plans to steadily slog his way through the Americas and Antarctica until he reaches the South Pole 11 months later (Pole-topolerun.com). The former politician is doing this not just for the record books, but also to raise \$100 million for Red Cross clean water projects. So, he's training as he's lobbying, which is what brought him to D.C.

**You're here preparing for Arctic conditions, huh?**

Well, in comparison to Sydney, where it's summer, yes. I was surfing on Christmas Day, so I need to acclimatize.

## How did you get this idea?

Obviously, I have too much time on my hands. But I cut my teeth on ultramarathons. I've run around Australia, I ran across America twice, and distance is no stranger to me. I've learned that by taking an event to the people, you can influence them more. The world isn't such a big place, and if one man can put one foot in front of the other and get across it, people will realize that.

## What is it about water that's driving you to do this?

Two-thirds of the world's population simply doesn't have access to clean drinking water. I've been very fortunate to travel the world — Egypt, India, Vietnam — and

**"The world isn't such a big place ... if one man can put one foot in front of the other and get across it."**

— PAT FARMER, WHO TRAINED FOR HIS EPIC JOURNEY IN WASHINGTON LAST WEEK BY RUNNING AROUND THE MALL IN THE FREEZING RAIN.

I've seen hospitals that don't have water in their taps. I find that appalling. You can't always rely on words, and numbers go over people's heads. The whole purpose of this journey is to humanize those lives. We're bamboozled by the enormity of the need, and we give up. But if one person can do this, we can do anything.

## What do you think will be the greatest challenges?

The extremities of temperature. It's going to be minus 40 degrees Celsius [-40 F] in the North Pole and positive 40 degrees Celsius [104 F] in Nicaragua. Then there will be the normal dangers of brown bears and polar bears, and the traffic hazards in the large cities. And then it's the challenge of day after day

of two marathons a day. I'm going to do two back-to-back every day for most of the route. I'm going to be a machine. At 5 a.m. every day, I'm going to wake up and do my job. At the poles, I'll be going closer to one marathon a day, but I'll be dragging a sled with me with all of my gear and food supplies. I've been training for that by dragging a tire on the beach at home for six hours a day.

## Speaking of food, what will you be eating to get through this?

One thing I've had to train to do is consume massive amounts of olive oil, because it won't freeze and it has enough fat to sustain my body. But also isotonic drinks and carb drinks. Bananas have good sugars and vitamins. I will probably burn 12,000 to 15,000 calories a day, so there will be a lot of it.

## What do your two kids think of this?

My wife passed away from a heart problem when they were both very young, so I raised the children and dragged them around with me. So, they think nothing is impossible and you don't just sit around. We'll deeply miss each other, but they're very supportive of me. This is just something I need to do.

VICKY HALLETT (EXPRESS)

# Super-Smart Snacking

Fans of every team will agree that this dip rules the bowl

## Entertaining

A flavorful cheese dip that is rich, creamy and — at least somewhat — healthy?

It's not as hard as you might think. There are plenty of reduced-fat, creamy ingredients available — some good, some not so much. The key to success when using them is knowing which to use when and, just as importantly, what to blend them with.

Creamy foods, to put it simply, get their luxurious flavors and textures primarily from all the fat they contain. So, when you start to reduce the fat, you have to replace it with something to give your mouth a similarly satisfying experience.

In most cases, it's best to avoid the completely fat-free creamy ingredients, because they are made

## Recipe File

### TANGY GORGONZOLA AND CHIVE DIP

**Start to Finish 15 minutes**

#### Ingredients

- 8 ounces reduced-fat cream cheese or Neufchatel
- 3 tbsp milk
- 1/4 cup reduced-fat mayonnaise
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tbsp Champagne or white wine vinegar
- 3/4 cup crumbled Gorgonzola or other blue cheese (4 1/4 ounces)
- 1/3 cup chopped fresh chives
- Ground black pepper, to taste

#### Makes 12 Servings

In a food processor, combine the



LARRY CROWE/AP

cream cheese, milk, mayonnaise, garlic, lemon juice and vinegar. Pulse until the mixture is smooth, scraping down the sides as needed. Add the Gorgonzola cheese, chives and pepper, then pulse until chunky-smooth.

**#** 99 calories; 74 calories from fat (75 percent of total calories); 8g fat (4g saturated; 0g trans fats); 21mg cholesterol; 3g carbohydrate; 4g protein; 0g fiber; 238mg sodium.

entirely of stabilizers and lack any of the flavor and texture that even a small amount of fat brings to the party.

This tangy Gorgonzola and chive dip is a perfect example of how to best take advantage of reduced-fat products.

Its creamy base is made from reduced-fat cream cheese and reduced-fat mayonnaise (which is thickened with starches rather than extra egg yolks). But the secret here is what is added into this lighter base.

A modest amount of full-fat, full-flavored, creamy Gorgonzola cheese is blended in along with tangy lemon juice, Champagne vinegar and chopped fresh chives. The resulting dip gets all the reduced-fat benefits of its lighter ingredients, plus all the fantastic flavor of the sweet and pungent Gorgonzola.

If blue cheeses aren't your thing, you can easily substitute a pungent goat or sheep's milk feta, or even grated Parmesan. JIM ROMANOFF (AP)

## Stethoscope

### HUMAN DEVELOPMENT

#### Small but Still Smart

Even babies know that size matters. For a study reported in the journal *Science*, researchers showed infants videos of cartoon fights between blocks of different dimensions. When a bigger one succumbed to a smaller one, most of the young audience watched for longer (which is a sign that something surprised them). Eight-month-olds were generally not impressed by the videos, but the 10-month-olds were, suggesting that this understanding develops sometime in between those ages.



### OBESITY RESEARCH

#### Blame It on the Heat — And the Snuggie Craze

Turning up your thermostat may be messing with your waistline. A British study found that winter indoor temperatures in the U.S. and the U.K. have been gradually increasing over the past few decades. That might keep you warm at night (and day), but it means your body doesn't need to burn calories to build body heat, thus potentially making you fatter.

### RELATIONSHIPS

#### When the One Won't Do

Honey, you understand the word "monogamy," right? An Oregon State University study found that in 40 percent of couples surveyed, one thought they had agreed to be exclusive sex partners, while the other did not. Even in avowedly monogamous couples, nearly 30 percent had cheated. Marriage didn't seem to change those odds, but those who responded higher on a commitment scale were more likely to remain faithful.

# Time to Shake Up Salt Habits

## Diet

The government is telling half of the U.S. population to drastically cut its daily salt intake.

That's the advice to consumers — and the food industry — as the government issues new dietary guidelines, which are the recommendations behind the popular food pyramid.

For the first time, the Agriculture and the Health and Human Services departments, which issue the guidelines every five years, are telling people who are 51 and older, all African-Americans and anyone suffering from hypertension, diabetes or

# 2,300

The amount of daily sodium intake, in milligrams, the government recommends on average. (AP)

chronic kidney disease to reduce daily sodium intake to little more than half a teaspoon.

That group includes about half of the population and those who are most at risk of having higher blood pressure due to sodium intake. For everyone else, the government continues to recommend about a teaspoon a day

## Sodium Solutions

To reduce the risk of disease from high sodium intake, the guidelines say people should:

- Read nutrition labels closely and buy items labeled low in sodium.
- Use little or no salt when cooking or eating.
- Consume more fresh or home-prepared foods and fewer processed foods, so they know exactly what they are eating.
- Ask that salt not be added to foods at restaurants.
- Gradually reduce sodium intake over time to get used to the taste.

— 2,300 milligrams, or about one-third less than the average person usually consumes.

The assault on salt is aimed strongly at the food industry, which is responsible for the majority of sodium most people consume. Salt

doesn't come just from the shaker on the table; it's hidden in foods such as bread, chicken and pasta.

Several large food companies have already introduced initiatives to cut sodium and introduced low-sodium alternatives, but it's unclear whether the industry will be able to cut enough to satisfy the new guidelines. The Food and Drug Administration has said it will pressure companies to take voluntary action before it moves to regulate salt intake.

Other recommendations in the guidelines are similar to those of previous years — limit trans fats; reduce calorie intake from solid fats and added sugars; eat less refined grains and more whole grains; and consume less than 300 mg of cholesterol per day. The guidelines also recommend eating less than 10 percent of calories from saturated fats — full-fat cheese, for example.

MARY CLARE JALONICK (AP)

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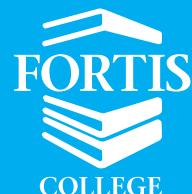
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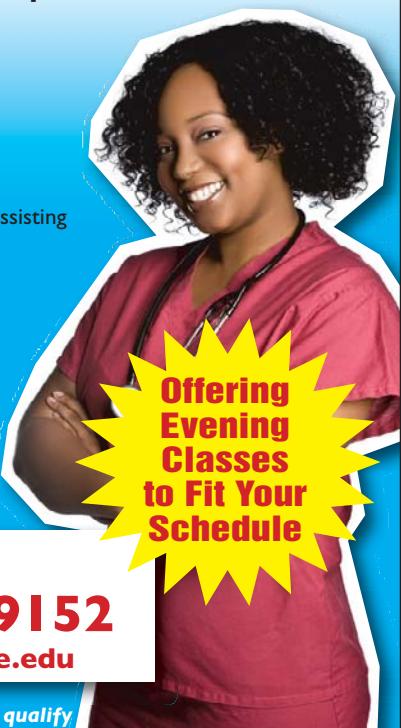
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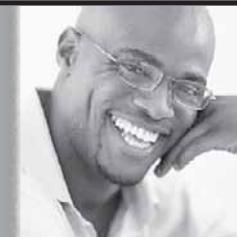
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# lookout

## Sound Bets



GEOFF BUCKNUM

## Suburban Sonics

**Nestled deep** in the staid bedroom community of Fairfax Station, Va., is a record label with 124 freaky releases in its discography. For the past 20 years, VHF Records honcho and suburban commuter Bill Kellum has issued hallucinogenic fringe music for headphone travelers.



By Christopher Porter

VHF ended 2010 with the excellent "Castings" by the Virginia folk-drone group Fern Knight, above. The band makes medieval psychedelia for modern times, and it will celebrate "Castings" with a concert Saturday at Comet Ping Pong (5037 Connecticut Ave. NW; \$10, 10:30 p.m.), opening for D.C. experimentalists The Plums and veteran post-punk producer Martin Bisi.

Kellum's love of acoustic trips is matched by his adoration of electrical excursions, such as VHF's first 2011 release, *Æthenor's "En Form for Blå."* The disc, which features Stephen O'Malley from ambient metalheads Sunn O))), is a live recording filled with skittering percussion, eerie keyboard stabs and menacing guitar eruptions—the perfect soundtrack for a haunting.

In fact, many VHF releases evoke benevolent ghosts and mysterious otherworlds—unlike Fairfax Station.



Comments? Give Christopher your feedback: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

## MASH-UP MAESTRO

Girl Talk's Greg Gillis transforms pop hits into remixed symphonies

### Music Q&A

These days, everyone with a laptop thinks he can be a DJ. After all, how hard is it to string together some songs? But there's a magic to making a mash-up, and Girl Talk's Greg Gillis is the genre's Houdini.

The shtick seems deceptively simple: Stick seconds-long fragments of Top 40 hits together with some riffs from some obscure B-sides and call it a new song. But the 29-year-old DJ says it can actually take 12 hours to create just one minute of music—on a good day. And with 373 samples spread across 71 minutes on his latest album, "All Day," that's at least 850 hours of music-hound manpower.

A former biomedical engineer, Gillis burst onto the scene with 2006's "Night Ripper," which famously placed a verse from Notorious B.I.G.'s "Juicy" over Elton John's "Tiny Dancer." "Feed the Animals" followed in 2008, and Girl Talk's frenetic live shows became sold-out ragers where dance parties regularly engulfed the whole stage. And though Gillis does perform with a computer, it is a live show: Make no mistake. He triggers all of his samples live and makes new mixes according to the vibe of the room.

On "All Day"—which Gillis dropped as a free download Nov. 17, just 24 hours after it was mastered—Gillis tried to build a kind of narrative with the samples he chose



PAUL SOROKA



for each track, rather than jumping around in his typical hyperactive style.

Ahead of two sold-out Girl Talk shows at the 9:30 Club, Tuesday and Wednesday, Express talked to Gillis about the art of the sample:

You spent more than two years working on "All Day." What was a typical



## No Strings Attached

Justin Bieber claims he and Selena Gomez are just good friends **35**

### Local Love

#### District Samples

For a Pittsburgh boy, Greg Gillis sure seems to love D.C. The Girl Talk DJ cites the 9:30 Club as one of his favorite venues to play, and his new disc, "All Day," features samples by three D.C. artists. The nods are layered: First, Gillis floats a snippet from local rapper Wale's "Pretty Girls," which itself samples go-go favorite Backyard Band, over Beck's "Loser." Moments later, a bassline immediately recognizable to any ex-hardcore kid kicks in as Fugazi's "Waiting Room" keeps strange company with Rihanna's "Rude Boy." R.G.



#### day like working on the album?

Working on it day to day, there is really a meticulous process. Even the Black Sabbath/Ludacris opening, that was something I had performed live for months prior to putting it down, but assembling it took me maybe 12 hours. So, even if I know exactly what's going into it that day, it's still a slow process. I literally locked myself in the house and got out as little as possible, and it turned into many 12- to 15-hour days staring at the computer. If I could get a minute done, it was a good, accomplished day. Sometimes it wasn't a minute and it was a bummer.

"Night Ripper" was a party record, for sure. But "All Day" really holds up as a headphone record. Was that a conscious progression for you?

The loose idea going into the album

was to not only work with some larger chunks, but to make it more dynamic overall. [There are] some points that are very chopped up, but then some points that give you some breathing room.

#### Does it excite you to introduce people to music they might not otherwise hear through your records?

I'm a fan of everything I sample, but it is a big compliment when someone tells me they don't like the source material but they are a fan [of my work]. That means it's going somewhere new, and that's the goal. The point of the album isn't to hear 373 songs in 71 minutes; it's one new piece of music in 71 minutes.

RUDI GREENBERG (EXPRESS)

● 9:30 Club, 815 V St. NW; with Penguin Prison; Tue. & Wed., 7 p.m., sold out; 202-265-0930. (U St.-Cardozo)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at [expressnightout.com/topstops](http://expressnightout.com/topstops).

## expressnightout.com lookout

### 1 Foreign Conflict

With all eyes trained on revolutions in the parts of the Middle East that we're not officially at war with or in, it's easier not to think about the soldiers we actually have overseas. Enter "BLACK WATCH," which is about Scottish troops in Iraq. This short-lived (so catch it soon) production uses music, songs and real-life interviews to illuminate the realities of war abroad.

*Shakespeare Theatre, 610 F St. NW; through Sun., \$45-\$115; 202-547-1122. (Gallery Place)*



### 2 Swede Sounds

ROBYN (no last name, of course) makes Swedish electro-pop, which means people can make fun of you for liking her music but secretly envy you because you know how cool it is. She's so cool that she's worth going to Baltimore for. *Rams Head Live, 20 Market Place, Baltimore; 8 p.m., \$25; 410-244-1131.*



### 3 Jumbo Jets

Since Leslie Nielsen died late last year, we've been jonesing to watch "AIRPLANE!" — What? We've been busy! — but AMC has made it easy by briefly bringing the film to the big screen. Sure, these jokes are old. Sure, we stole them and repeated them in middle school. But the line "Looks like I picked the wrong week to stop sniffing glue" is still funny. *AMC theaters; 7 p.m.; Amctheatres.com/airplane.*

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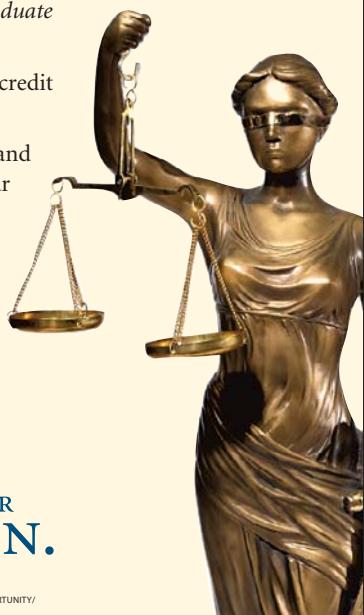
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Tuesday, February 8  
6:30 pm ET  
Online 

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lookout entertainment

# Not a Triumph Or a Tragedy

Great acting carries an otherwise flawed American remake of 'Let the Right One In'

### DVD Review

The 2008 Swedish film "Let the Right One In" is one of the more fascinating takes on vampire mythology in recent memory, trading the sexuality of soap operas such as the "Twilight" series for a poignant coming-of-age story.

The predictable outcome is an American remake, a cynical — if

more or less accurate — acknowledgement that most U.S. moviegoers aren't about to read subtitles. Retitled "Let Me In," Matt Reeves'

remake builds on the mythology of John Ajvide Lindqvist's novel (the source material for the original film) but doesn't do much with the story. It still tells the tale of two friendless preteen outcasts who form an unusually strong bond. One of them happens to be a vampire.

Reeves opens with a flash-forward, a needless plot complication, and it takes awhile for "Let Me In" to find its feet afterward. Drawing too heavily from the original, Reeves remains devoted to self-consciously long, static shots and a pervasive gravity more than anything else — except he doesn't

OVERTURE FILMS/AP



Kodi Smit-McPhee plays Owen, a bullied schoolkid who befriends a vampire.

bother to include some of the grim humor of the original.

What elevates "Let Me In" above remake cynicism is the cast itself, which, frankly, deserves a better movie. In his few short scenes, Richard Jenkins conveys a heavy world-weariness as a caretaker for the perpetually 12-year-old vampire.

As the central couple, both Kodi Smit-McPhee and Chloë Grace Moretz manage to portray their bullied schoolkid and eternal tween, respectively, as children forced too early into adulthood. Moretz, in particular, has more presence than actors three or four times her age.

"Let Me In" never found its audience in theaters, but now that it's on DVD, perhaps it can be judged on its own merits and flaws. It's certainly not the travesty that fans of the original predicted, but it's certainly not a triumph either.

STEPHEN M. DEUSNER

### Music Beat



**Britney Spears' new album** is slated for a March 15 release, according to her label, Jive Records. Also confirmed are various producers and songwriters who worked on the record, which is still untitled. In addition to co-executive producers Dr. Luke and Max Martin, listed as collaborators are Rodney Jerkins, R&B singer Avant, Stargate and Bloodshy. (BILLBOARD.COM)

# TV tonight lookout

## Best Bets

ABC  
9:00

**V** After three Peace Ambassadors are murdered by the radical faction of the Fifth Column, Erica pursues their leader. Anna visits the Vatican to convince the world's religious leaders that the Visitors are peaceful.

FX  
10:00

**Lights Out** Lights may have no choice but to put himself on the line to bail out Johnny, who's gotten himself into a life-threatening bind in the new episode "Bolo Punch."

NBC  
10:00

**Southland** Lydia and Josie investigate a complicated rape case on the Westside. John bonds with an abandoned teenager while also dealing with having to testify at his father's parole hearing.

ABC  
10:00

**Detroit 1-8-7** Fitch (Michael Imperioli, left) and Washington investigate a triple murder in which the victims are found on a public bus with thousands of dollars scattered around. While this is going on, Fitch himself is being investigated as the prime suspect in the murder of a prominent philanthropist. (TRIBUNE MEDIA)



## SERIOUSLY FUNNY KIDS

### Project Kid Comedy

LIFE  
9:00

"Project Runway" host and mother of four Heidi Klum interacts with children and helps bring out some of their more hilarious yet often insightful observations in this light-hearted half-hour that, for older viewers, may recall Art Linkletter's long-running "Kids Say the Darndest Things" segment on his daytime "House Party" show. (TM)

## Nuptials



### Wedded Bliss?

A long-held "One Tree Hill" (8 p.m., The CW) dream finally becomes a reality as Brooke (Sophia Bush, above left) and Julian's (Austin Nichols, above right) big day arrives, bringing with it the inevitable (in a soap opera, anyway) wedding hookups and revealed secrets in the latest episode of the serial drama. (TM)

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# lookout online

## Poll Center

### Today's Question

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VOTE AT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT A FOR YES OR B FOR NO TO 98999

### Yesterday's Results

**DO YOU THINK EGYPTIAN PRESIDENT HOSNI MUBARAK SHOULD STEP DOWN?**

**85% YES      15% NO**

**"Step down, leap down,** stumble down, whatever. The important thing is, Mubarak must go!!!!"

COMMENTER DIOGENES

**"No one in this area** has a right to answer. Americans protest and riot when their sports teams win and lose. Americans complain if someone questions their political leaders. Who are Americans to be in Egypt's business?"

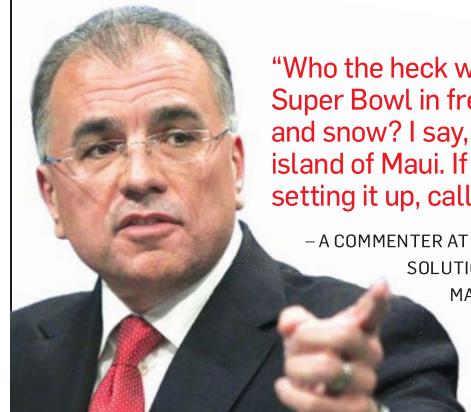
COMMENTER ANONYMOUS

SEE HOW YOUR METRO STATION VOTED AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)



**"Oh, dear. There was really no role for Shannen in the Luke Perry-Jason Priestly Western bromance? Not even as a barmaid? Guys, help a lady out. This is rough."**

— **VULTURE.COM** IS SHOCKED THAT ACTRESS SHANNEN DOHERTY PLAYS A ROLE IN NEW ADS FOR AN ORGANIZATION CALLING ITSELF THE BETTER SLEEP COUNCIL — AND THAT THE ADS AREN'T A JOKE.



**"Who the heck wants to watch a Super Bowl in freezing weather and snow? I say, bring the SB to the island of Maui. If you need any help setting it up, call me. Aloha."**

— A COMMENTER AT **ESPN.COM** OFFERS HIS OWN SOLUTION TO NEWS THAT CHICAGO MAYORAL CANDIDATE GERRY CHICO HAS ANNOUNCED HE'LL WORK TO BRING A SUPER BOWL TO THE WINDY CITY IF HE'S ELECTED.



**"James Franco is frantically searching his contract for its 'no marsupial doppelgängers' clause."**

— **GAWKER.COM** REACTS TO NEWS THAT HEIDI, GERMANY'S CROSS-EYED OPOSSUM, MAY APPEAR ON AN UNDISCLOSED NETWORK'S PRE-OSCARS SHOW LATER THIS MONTH. HER HOME ZOO HAS RULED OUT HER ATTENDING THE ACADEMY AWARDS, BUT SHE MAY APPEAR VIA SATELLITE.



**"People are setting up shop in the main squares. Also, I've noticed that a lot of the people protesting are basically my age, and the militias guarding neighborhoods are, too. It feels like they are my peers."**

— **PHOTOGRAPHER ED OU, 24, TO LENS.BLOGS.NYTIMES.COM** ON SHOOTING THE POLITICAL UNREST IN CAIRO AS IT UNFOLDED THIS WEEKEND.

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# puzzles lookout

## Horoscope

**AQUARIUS** (Jan. 20-Feb. 18) You can afford to be a little more demonstrative—in personal situations as well as professional negotiations.

**PISCES** (Feb. 19-March 20) You won't be expected to do what others are doing, but you may be asked to come through with a few key promises.

**ARIES** (March 21-April 19) You may have reason to celebrate before the day is out, but you don't want to show any sign that you think you are above anyone else.

**TAURUS** (April 20-May 20) Recreation proves essential to you at this time, and the more you explore certain outlets, the greater your enjoyment—and benefits.

**GEMINI** (May 21-June 20) The social scene provides you with something you very much need at this time, though you won't know it now and may not know it later.

**CANCER** (June 21-July 22) Someone you've only recently met is likely to tap into certain unspoken desires. He or she has you considering new options.

**LEO** (July 23-Aug. 22) You'll be taking care of more than your own, but the situation overall will empower you and have you feeling on top of the world.

**VIRGO** (Aug. 23-Sept. 22) Make a start, and the finish line will approach faster than expected. Don't simply wait for someone else to motivate you.

**LIBRA** (Sept. 23-Oct. 22) You're able to think a bit more like a rival, and that will surely give you a distinct advantage when you meet face to face.

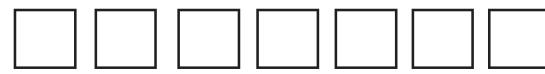
**SCORPIO** (Oct. 23-Nov. 21) Now is no time to let an opportunity pass you by, even one that doesn't seem to promise much in the way of personal gains.

**SAGITTARIUS** (Nov. 22-Dec. 21) You want to show someone new in your life just what you're made of, but how far are you willing to go? Anticipate consequences.

**CAPRICORN** (Dec. 22-Jan. 19) Certain signs will point to the solution that you've been looking for of late. The number seven may figure prominently in your thinking.

## Scrabble Grams

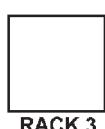
PAR SCORE 145-155, BEST SCORE 226



Triple Word Score



1st Letter Double



## Yesterday's Solution

S <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	N <sub>1</sub>	O <sub>1</sub>	F <sub>4</sub>	F <sub>4</sub>		
S <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	N <sub>1</sub>		
B <sub>3</sub>	E <sub>1</sub>	D <sub>2</sub>	B <sub>3</sub>	U <sub>1</sub>	G <sub>2</sub>			
S <sub>1</sub>	K <sub>5</sub>	Y <sub>4</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	K <sub>6</sub>		
RACK 1 =		80	RACK 2 =		61	RACK 3 =		18
RACK 4 =		68	TOTAL		227			
PAR SCORE 160-170								

## FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

			4		6	1		
5	3		8	1				
6	7				6	2		
1	8					9	6	
					1	7		
						1	2	
					4	2	8	3
					2	5	7	

## Yesterday's Solution

8	6	5	3	4	9	1	2	7
1	7	4	5	2	6	9	8	3
3	9	2	7	8	1	5	6	4
5	2	6	1	9	4	7	3	8
7	3	8	2	6	5	4	1	9
4	1	9	8	7	3	2	5	6
6	8	7	4	5	2	3	9	1
2	4	3	9	1	8	6	7	5
9	5	1	6	3	7	8	4	2

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

38 | 36

Today: Snow and sleet this morning, then a little rain. Rain tonight.

50 | 29

Tomorrow: Breezy tomorrow with rain tapering off. Mainly clear tomorrow night.

### Looking Ahead



36 | 26 38 | 31 42 | 30

### Sun and Moon

Sunrise today: 7:15 a.m.  
Sunset today: 5:29 p.m.  
Record high: 71  
Moonrise today: 6:11 a.m.  
Normal low: 27  
Moonset today: 4:22 p.m.  
Record low: -2

FORECAST BY ACCUWEATHER.COM ©2009

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# lookout puzzles

## Crossword

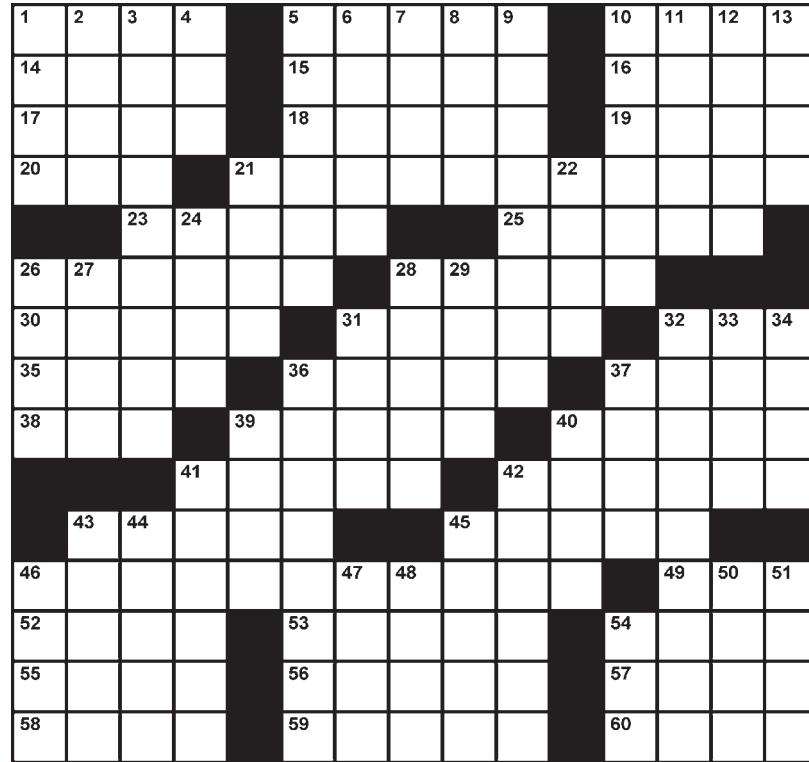
**NEXT TO GODLINESS**

### ACROSS

1 Work hard  
5 Utility bill information  
10 Wipe the floor with, so to speak  
14 Coffeehouse vessels  
15 Kind of colony  
16 Boxer's wear  
17 Honey drink  
18 Make a knot tighter  
19 Methane's lack  
20 Fifth note of a diatonic scale  
21 Confessing  
23 Tapestry  
25 Give out shares  
26 Alternate road  
28 What gnats do  
30 Plant louse  
31 Throw out, as a tenant  
32 Little bit  
35 Totter  
36 Tummy to the ground  
37 Winery buy, perhaps  
38 Musket extension?  
39 The Beatles inspired it  
40 "\_\_\_ Care of Business" (1974 hit)  
41 Ran out of steam  
42 Thin out  
43 Milan's La \_\_\_ opera house  
45 Way from the old ticker  
46 Over the hill  
48 Item often caked in baby food  
52 Solder component  
53 Smidgens  
54 Gully that's usually dry  
55 The Virgin Islands, e.g. (abbr.)  
56 Brownish gray  
57 "\_\_\_ just take a minute"  
58 Thumb-and-forefinger sign  
59 Ways out  
60 You, to a Quaker

### DOWN

1 Product of some relief pitches?



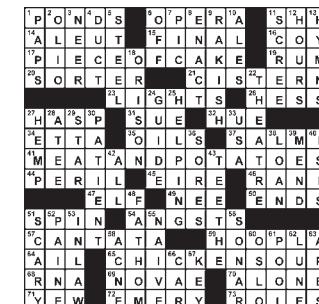
EDITED BY TIMOTHY E. PARKER

2 Stackable cookie  
3 Very agitated  
4 Tripper's drug  
5 Turmoil  
6 Gives the impression of being  
7 On the con side  
8 Put on a few pounds  
9 A touch of class  
10 In a wryly humorous way  
11 One place to see clowns  
12 Wolf pack member of WWII  
13 Capital of Switzerland  
21 Yucky deposit  
22 Artery blockage  
24 Stir up, as muddy water  
26 Truth alternative?  
27 Tool for a duel  
28 Stay clear of

29 Simone of song  
31 White-tailed bird of prey  
32 Have a major financial setback  
33 "In your dreams!"  
34 Withhold, as permission  
36 Tick or flea, e.g.  
37 Vehicle for the course  
39 "\_\_\_ 18" (Leon Uris novel)  
40 Diamond protector  
41 Showy and cheap  
42 Shakes awake  
43 Streamlined, as a design  
44 Santa \_\_\_, Calif.  
45 Rewrite for Hollywood  
46 Sax type

47 Elaborate fraud  
48 Small toiletry case  
50 Wait curbside, e.g.  
51 Ill temper  
54 Cleverness

### Yesterday's Solution



## Today in History

**1790**

The U.S. Supreme Court convenes for the first time, in New York.

**1960**

Four black college students begin a sit-in protest at a Woolworth's lunch counter in Greensboro, N.C., where they'd been refused service.

**2003**

The space shuttle Columbia breaks up during re-entry, killing all seven of its crew members.

**express**



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# people lookout



## BELOVED CHARACTERS

### We Sure Hope Jesse Doesn't Find Waldo

The paper doll with a Hitler-esque mustache seen in a photo of Jesse James has a name, Flat Stanley, and his creators are not amused. The character is used to build community among kids around the world. "This is an appalling misuse of the Flat Stanley character and is in no way condoned or supported by the Flat Stanley Project," a rep told Radaronline.com. (EXPRESS)

## BREAKUPS

### David Arquette Destroys Yet Another Relationship

David Arquette has pulled out of comedian Jeff Beacher's variety show, "Beacher's Madhouse," to focus on his sobriety, Usmagazine.com reported. "David remains a big fan ... but he is concentrating on his health and well-being right now," said a rep for Beacher. "David and Jeff had a really good talk and were in agreement," an unnamed source said. (EXPRESS)



VALERIE MACON/GETTY IMAGES

OK, can we just say we have no idea who Jeff Beacher is? Did David know either?

**Dirtbag Digest**

**Interview With A Bottom-Feeder**

Radaronline.com posted an exclusive interview with former Jesse James mistress Michelle "Bombshell" McGee, who claims to have attended a wild Las Vegas party thrown by Charlie Sheen in January. "There was a plethora of cocaine everywhere. ... It was a mountain of cocaine," she said. "It put Mount Everest to shame." (EXPRESS)

## AFTER THE BROADCAST ...

### 'You're Ashamed of Of Me!' 'You're Clingy!'

Justin Bieber, who's been captured on film and video canoodling with Selena Gomez, told Ryan Seacrest Monday "she's, like, one of my best friends," but did not elaborate or confirm a romantic relationship. He admitted that they recently saw the movie "No Strings Attached," to which Seacrest responded, "That's what I need right there." The film is apparently about friends with benefits. (EXPRESS)



CARLOS ALVAREZ/GETTY IMAGES

## CLICHES

### We Need Ice Cream, 'Sex and the City' Reruns, Stat!

Eva Longoria and Tony Parker's three-year marriage ended in a Texas courtroom on Friday, People.com reported. Longoria's papers, filed this past November, cited "irreconcilable differences." She is seeking support from Parker. The pair had a prenuptial agreement that was updated two years ago, said the website. This is Longoria's second divorce. (EXPRESS)

**"Any time you do anything with any degree of sincerity, people make fun of you."**



— GWYNETH PAL-TROW WHINES ABOUT THE BEAT-DOWNS HER GOOP NEWSLETTER RECEIVES FROM SNARKY BLOGGERS.

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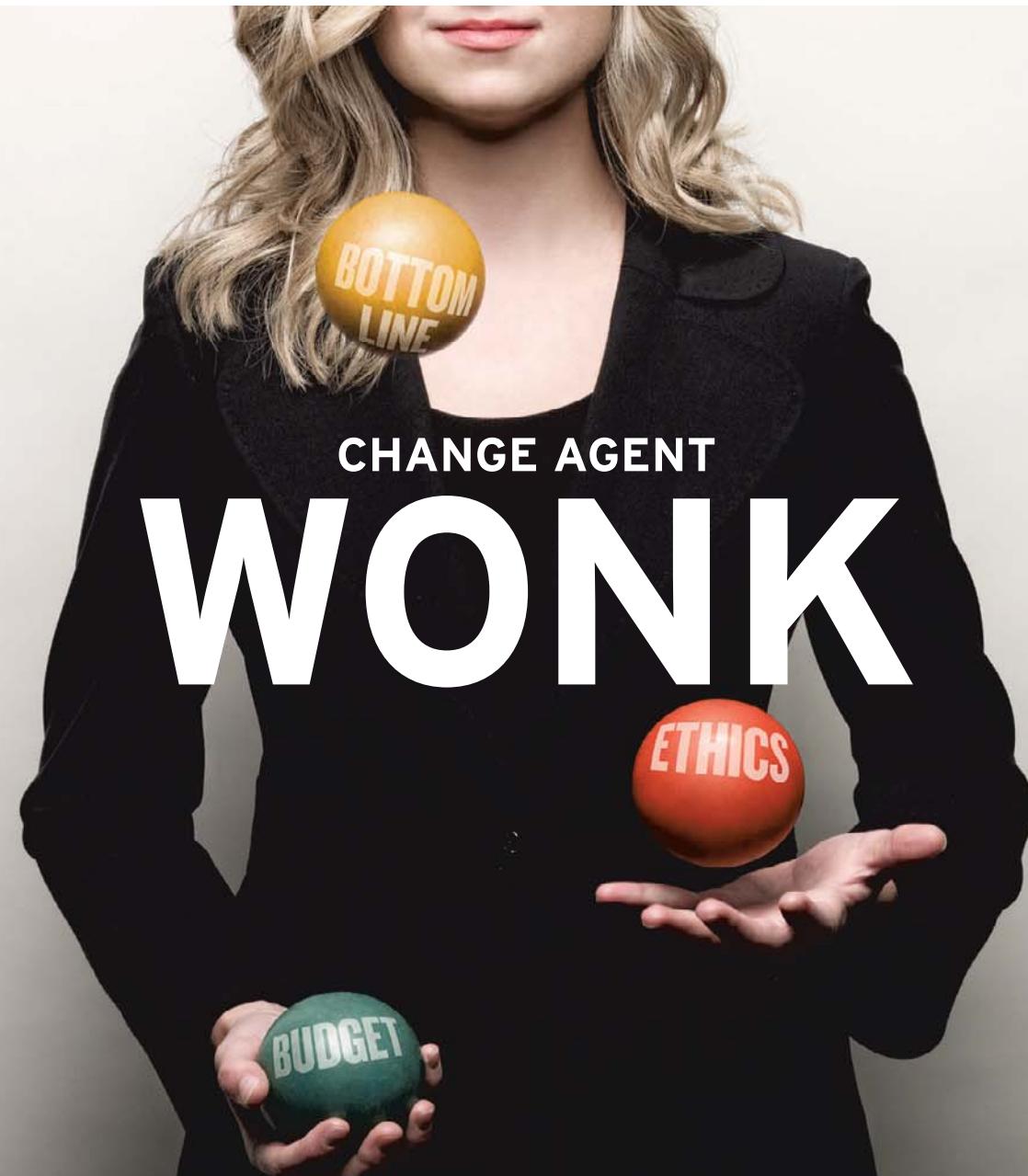
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